

# Rehabilitation in neurological disorders



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Cognitive impairment is frequent in patients with neurodegenerative disorders. contribute to disability, and decrease quality of life. There is a new emphasis on living with, and managing, the effects of cognitive impairment, in order to maintain and support well-being and quality of life. Rehabilitation has the potential to contribute to quality of life for people with cognitive impairment. At present, we have no cure for cognitive impairment, and although some pharmacological treatments offer modest benefits for a proportion of individuals with dementia, there are no effective medical interventions to reverse decline or prevent progression of impairments. Rehabilitative approaches, most commonly thought of in relation to non -progressive problems, for example following brain injury, can also be applied to the whole range of progressive neurological disorders.

In preparing this presentation I have attempted to do two things. First I have aimed to review the research literature relevant to neuropsychological rehabilitation in neurological disorders and to present a concise and helpful account of the foundations and rationale for the approach, the methods and techniques involved, the application of the approach and how it might develop in the future. Second, I have drawn on experience gained in my own research studies and clinical practice to describe aspects of the practical application of cognitive rehabilitation and I illustrate these with real-life examples.

In this presentation I hope to convey the importance and relevance of applying the concept of rehabilitation to assist people with cognitive impairment and progressive neurological disorders.

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**Key Words:** Cognitive impairment, Neurocognitive rehabilitation, Neuronal plasticity